

WOMEN'S HEALTH

Mammography



Breast Cancer is the second most common type of cancer among American women. There are 185,000 new cases of breast cancer reported each year.

Your best protection against breast cancer is to find it as early as possible. If it is found early, breast cancer can be highly curable. Your doctor can show you how to do a monthly self breast exam. Your doctor may also ask you to have a mammogram.

A MAMMOGRAM IS AN X-RAY PICTURE OF YOUR BREAST.

A mammogram can find breast cancer long before it can be felt.

When you go to have this X-ray, you will need to undress from the waist up. You will be given a hospital gown to wear for the X-ray. Most mammogram X-rays are done by women providers or technicians. So, many of these women have had this X-ray too. They are careful to only expose one breast at a time to help you be comfortable. During the X-ray, they will place your breast between two plastic plates. Then, a picture of your breast is taken from above and from the side.

Some women feel slight discomfort during this X-ray. But, it only lasts for a few seconds. The mammogram will take about 15 minutes. You do not need a referral from your Primary Care Physician (PCP)

or your gynecologist to have a mammogram if you are age 40 or older.

You will need to make an appointment for your mammogram. It can sometimes be scheduled in the evening or on a Saturday. The provider who performs this X-ray will send a report of the results to your doctor.

PLEASE REFER TO YOUR MEMBER HANDBOOK FOR BENEFIT COVERAGE.



FOR MORE INFORMATION about women's health, call Care Management at 1.800.508.2581 (TTY: 1.800.473.0989).



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